

The Kensharim Meditative State

This document addresses the Kensharim Meditative State. Kensharim means Divine Truth, which is the state of realization in which one becomes one with everything in creation. During this form of meditation, one transcends the illusionary worlds, communicates with the cosmic knowledge, and becomes attuned to the cosmic powers of the universes. Kensharim is known as the temple of consciousness or the divine discriminative power within you. Meditation alone is not enough to attain Kensharim. You need the transfiguration to spiritual knowledge or true being awareness implemented in your life and thus meditation to achieve Kensharim.

Kensharim is the cultivation of intuitive calmness that is required to unfold your inner life and spiritual aspect. When developed sufficiently, your intuition brings immediate comprehension of truth. You can meditate anywhere and at any time, allowing yourself to access a sense of tranquility and peace no matter what's going on around you. Kensharim is used to organize and prioritize the way in which you scrutinize specific aspects of your spiritual self. This higher conscious ability to concentrate improves with each practice and should become part of your daily ritual. When your targeted attention becomes a habit, you'll begin to notice subtle sensations you've always overlooked. The feedback from these sensations can be invaluable to improving elements of your sensory awareness.

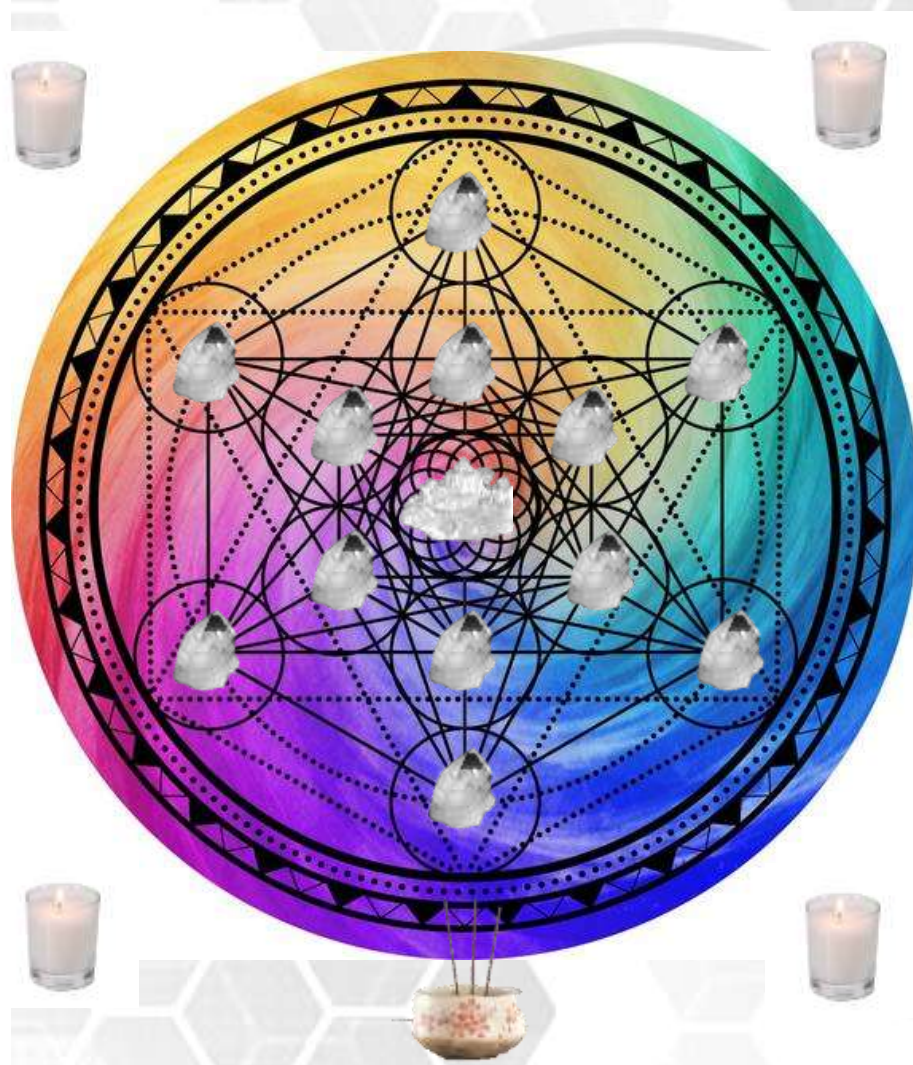
Within the ancient texts it is recorded that the focus of Truth or Divine Kensharim was once the focal point for the Oracles of Delphi, messengers of Truth who served under the direction of Pallas Athena for thousands of years. It was removed when priests with black hearts penetrated the Delphic Order and perverted the Truth that had been brought forth. The Brotherhood of the Light then withdrew this service to embodied mankind, since people were unable to distinguish between Truth and error.

To achieve this higher state of Divine Consciousness it is necessary to set the appropriate atmosphere and maintain the appropriate state of meditation to achieve the level of divine gnosis; the geometry of Mater integrating spirals of Spirit consciousness. We begin by setting the stage so to speak. When we first begin Kensharim it is necessary to maintain a visual focal point of self-sensing to possess the appropriate kinesthetic or sensory awareness. You cultivate this body-Mind-Divine connection by keeping the focal point within your consciousness. It is important to set the stage and sound therapy is a key part of Kensharim. You may use this music video:

<https://www.youtube.com/watch?v=TqX7l6yq0tk>

You have been provided with the Kensharim Focal Point. You will also need four white candles and temple incense.

To begin, you must set your "Light" or the symbolization of "dedication to the Light". This is done by creating the energy focal point. Begin by placing the sacred geometry with quartz crystals at the predominant point of the sacred geometry and candles to the four points (north, east, south, and west) around the sacred geometry. The incense will sit in front of you before the Kensharim focal point. You will light the incense first saying "I allow the Light to shine in me". Then you would light each candle saying "I walk in the Light, let me shine for all to see". To increase the state of awareness, it is not uncommon for you to become the center (replacement for the stone/crystal) and place the candles at four points around you.



If you have not already empowered your focal point, you would do so now. Place your focal point on your third eye (just above and between your brow) and say "with sufficient desire and sufficient belief, I empower this image as my Kensharim focal point. So shall this be". Once your focal point is empowered, it is best to practice achieving the appropriate "AUM" sound

which can be felt in both the heart and the throat chakras at the same time.

The AUM sound is the Divine intelligence vibratory sound crucial to Kensharim and the

language attainment of Divine consciousness. AUM is not just a sound or vibration, but it truly is the eternal language of the Divine Mind. It is the cosmic energy that is the substratum of all things and contains the sounds of the nine octaves perceptible to the human ear, as well as all cosmic low or high vibrations that cannot be registered by the human ear. Likewise, all forms of light contained in fire, sunlight, electricity, and the astral dimensions are expressions of the primal cosmic energy of um. An appropriate vibration and frequency of the AUM can be felt in your heart and communication chakras.

If you are feeling it in your sacral...the AUM is too low of harmonic sound. Likewise if you are feeling it in your third eye...then the harmonic is too high. It must also be a loud and pushed sound in order to be properly felt in the heart. As you become proficient at achieving the AUM sound, you will begin to develop an energetic halo surrounding your body and this quickly catapults you into the higher Divine intelligence. You will also learn that AUM can be a powerful healing force.

Now you are ready to begin Kensharim. The very first thing you will do is prepare a sage, lemongrass, and mugwort tea. If you are allergic to mugwort, then replace it with chamomile. This will sit in front of you and you will take one drink when you begin. You will take a drink before you say each Kensharim statement. Begin by applying Sacred oil to pulse points, such as wrists, throat, and behind the knees. A drop at the wrists, rubbing them together to disperse the oil, and then touching your wrists to your throat is likely sufficient. No more than a drop at each pulse point should be needed. The first stage of Kensharim is to stop distractions and make your mind clear and more lucid. This is accomplished by practicing the simple fifteen breath method. It is important to choose a quiet place to obtain Kensharim and sit in a comfortable position. You can sit in the traditional cross-legged posture or in any other position that is comfortable. If you wish, you can sit in a chair. The most important thing is to keep your back straight to prevent your mind from becoming sluggish or sleepy.

Mind Clearing should be performed by setting your intent - Give yourself permission to stop thinking (With sufficient desire and sufficient belief, I invoke permission to clear my mind of all thoughts and banish all negativity). Say this 3 times and then add "so shall this be".

Visualize your thoughts falling into a black hole. If thoughts enter your mind, simply notice them, and as you exhale let them go to the black hole, continuing to focus your attention on your breath, breathing in a deeper sense of calm and relaxation and exhaling completely.

Continue to focus on your breath as you allow yourself to fully relax your mind and body, feeling the renewal of your being. When your mind is clear and your body is relaxed, set your next intent - With sufficient desire and sufficient belief, I invoke removal of all negative energy from my life, bring forth the light of the universe, and bless my life with love, light, and peace. Say this 3 times and end with "So shall this be". Open your eyes and continue to breathe in the relaxation for another 2 minutes.

This is the basic form of meditation breathing exercises as you focus on the length, depth and complexity of each breath. You should breathe naturally, preferably through the nostrils, without attempting to control your breath, and seek to become aware of the sensation of the breath as it enters and leaves the nostrils. This sensation is your first primary object of Kensharim. You should try to concentrate on it to the exclusion of everything else. Even though breathing is the preliminary stage of Kensharim, it can be quite powerful. You can experience Divine peace and contentment just by controlling the mind, without having to depend at all upon external conditions. Simply notice the breath as it moves in and out as the body inhales and exhales. Notice how the breath moves in and out automatically, effortlessly. Don't try to manipulate it in any way. Notice all the details of the experience

of breathing, such as the feeling of the air moving in and out of the nose, the way the body moves as it breathes, etc. The mind will wander away from the breath but, it doesn't matter. When you notice that you are no longer observing the breath, easily bring your attention back to it. Let all of your experiences, thoughts, emotions, bodily sensations come and go in the background of your awareness of the breath. Become aware of the point at which the breath turns the corner from the inhalation to the exhalation and from the exhalation to the inhalation. Notice the gap between the breaths, which resembles a "still point". Continue to bring your attention to that still point, bringing your attention back to the gaps in the breath whenever it has wandered away. As you continue practicing, you may find that the stillness is no longer experienced as discrete gaps between the breaths, but is a more continuous experience. This cultivates the awareness of the stillness that is present in the midst of activity, and this creates a profound experience of Divine peace.

Let's begin:

1. Stare at the Kensharim Focal Point. As you do so, take 20 cycled breaths in and out slowly.
2. *Say: All cosmic life and I are one. I am the wave upon the ocean of all knowledge and wisdom. I seek Kensharim.*
3. Close your eyes and envision the Kensharim Focal Point. Make the "AUM" sound to the count of 15.
4. *Say: I seek and understand the nature of reality and non-reality. For I am the Light of the Divine Spirit.*
5. Stare at the Kensharim Focal Point. As you do so, take 20 cycled breaths in and out slowly.
6. *Say: I am free from all mental causes and tendencies. I have released all biological beliefs and embrace the cosmic intelligence.*
7. Close your eyes and envision the Kensharim Focal Point. Make the "AUM" sound to the count of 15.
8. *Say: I observe the Universal and Cosmic Laws. I am an exemplary spirit for I am the Light.*
9. Stare at the Kensharim Focal Point. As you do so, take 20 cycled breaths in and out slowly.
10. *Say: I seek and honor the ten spheres of totality. I am the path to Source.*
11. Close your eyes and envision the Kensharim Focal Point. Make the "AUM" sound to the count of 15.
12. *Say: I seek the path of perfections, skillful means, and the pure lands. I am the knowledge from within.*
13. Stare at the Kensharim Focal Point. As you do so, take 20 cycled breaths in and out slowly.
14. *Say: I am the production of the awakening mind. I am the Light of Source.*
15. Close your eyes and envision the Kensharim Focal Point. Make the "AUM" sound to the count of 15.
16. *Say: I serve the practice of benefit. I understand and see the Light.*
17. Stare at the Kensharim Focal Point. As you do so, take 20 cycled breaths in and out slowly.
18. *Say: I am the path of wisdom. I am mindful of unconditional love.*
19. Close your eyes and envision the Kensharim Focal Point. Make the "AUM" sound to the count of 15.

20. Say: *I am the truth of creation. I am the path to Source.*

21. Stare at the Kensharim Focal Point. As you do so, take 20 cycled breaths in and out slowly.

22. Say: *I am delivered by the means of wisdom. I see the truth.*

Once you have mastered Kensharim, the level to attain the Kensharim state becomes easier, quicker, and deeper. This is truly the attainment of inner peace. As you grow in Kensharim, you will want to achieve the higher intelligent truths by moving on to the higher levels of truths. You will not add the higher truth levels until you have attained the transfiguration of your spirit. Once attained, you will then add those truths during the full state of Kensharim. However, if you feel the need to add truths before attaining higher levels, simply state the truth following the Kensharim guidelines above.

Level Two Kensharim Truths (to be performed after transfiguration of the spirit)

There are many more levels of truths to be discovered.

Once you have achieved the inner peace practice of Kensharim, you can simplify the process by:

Stare or visualize your focal point. As you do so, take 20 cycled breaths in and out slowly. Make the “AUM” sound to the count of 15, then say “I am Kensharim”.